

## SELF-ADHERING FRICTION REDUCING LINER AND METHOD OF USE

### ABSTRACT OF THE DISCLOSURE

A patch of low friction materials, such as a film of polytetrafluoroethylene is sized to provide an area of low friction support for a portion of a human body relative to an object such as a shoe or prosthetic socket. The patch can be lined with foam, or preferably, a stretch fabric so that it will fit around irregular contours of the shoe, or socket, or the skin itself. The patches reduce shear trauma in critical load areas. After identifying regions of high loads, the method comprises applying the patches as needed to avoid sores, calluses, blisters and abrasions.